

The Saheeh International Quran Translation

فَكُلِّي وَاشْرَبِي وَعَيْنَا^ط فَإِمَّا تَرِينَ^ن مِّنَ الْبَشَرِ أَحَدًا فَقُولِي إِنَّي نَذَرْتُ لِلرَّحْمَنِ صَوْمًا
فَلَنْ أَكَلِمَ الْيَوْمَ إِنْسِيًّا

So eat and drink and be contented. And if you see from among
humanity anyone, say, 'Indeed, I have vowed to the Most Merciful
abstention, so I will not speak today to [any] man.' "